

# Police Officer Physical Fitness Test

The City of Council Bluffs adheres to physical standards set by the Iowa Law Enforcement Academy (ILEA) for pre-employment testing of police candidates. The following is an excerpt from the ILEA publication explaining the test requirements.

The physical fitness test battery consists of four basic tests. The tests will be given in sequence with a rest period between each test.

## 1. SIT AND REACH TEST

This is a measure of flexibility of lower back and upper leg area. It is an important area of performing police tasks involving range of motion and is important in minimizing lower back problems. The test involves stretching out to touch the toes or beyond with extended arms from a sitting position. **The score is in inches reached on a yard stick fastened to an apparatus with 15 inches being at the toes and the one inch mark closest to the body.**

## 2. 1 MINUTE SIT UP TEST

This is a measure of the muscular endurance of the abdominal muscles. It is an important area for performing police tasks that may involve the use of force and is an important area for maintaining good posture and minimizing lower back problems. **The score is in number of bent leg sit-ups performed in one minute.**

## 3. 1 MINUTE PUSH UP TEST

This test requires them to push their own weight off the floor. Female candidates who are age 50 years and over will be allowed to perform modified push-ups. This measures the amount of force the upper body can generate and is an important area for performing police tasks requiring upper body strength. **The score is calculated by the number of push-ups performed in one minute.**

## 4. 1.5 MILE RUN

This is a timed run to measure the heart and vascular system's capability to transport oxygen. It is an important area for performing police tasks involving stamina and endurance and to minimize the risk of cardiovascular problems. **The score is in minutes and seconds.**

## What Are The Standards?

- The actual performance requirement for each test is based upon norms for a national population sample.
- The applicant must pass every test.
- The required performance to pass each test is based upon sex and age (decade). While the absolute performance is different for the 8 categories, the relative level of effort is identical for each age and sex group. All recruits are being required to meet the same percentile rank in terms of their respective age/sex group. The performance requirement is that level of physical performance that approximates the 40<sup>th</sup> percentile for each age and sex group.

Minimal Physical Fitness Performance Requirements Chart

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Males	Age				
Test	20-29	30-39	40-49	50-59	60 +
Sit & Reach	16.5	15.5	14.3	13.3	12.5
1 Minute Sit-up	38	35	29	24	19
1 Minute Push-up	29	24	18	13	10
1.5 Mile Run	12:51	13:36	14:29	15:26	16:43
Females	Age				
Test	20-29	30-39	40-49	50-59	60 +
Sit & Reach	19.3	18.3	17.3	16.8	15.5
1 Minute Sit-up	32	25	20	14	6
1 Minute Push-up	15	11	9	* 12	* 5
1.5 Mile Run	15:26	15:57	16:58	17:54	18:44

\* Females in excess of 49 years of age may do pushups on their knees.  
Normative data for these age groups have not been established.